



Allergy lesson

Foundation stage 2 (Reception)

Learning objectives:

- Allergies can make people sick
- You can spread allergens

Unit

This unit needs a story to introduce it. We suggest:

The Cookie - Kath Grimshaw

You, Me and Food Allergies - Emma Amoscato

PSED:

Think about the perspectives of others.

Express feelings and consider the feelings of others.

Manage own needs - personal hygiene.

Maths:

Lots of links with Maths language whilst sorting: 'more than', 'less than', 'fewer', 'the same as', 'equal to'

Communication and language:

Understand how to listen carefully and why listening is important.

Learn new vocabulary.

Describe events in some detail.

Listen to and talk about stories to build familiarity and understanding.



Vocabulary

Allergy

Safe

Allergen

Links

Development matters: Non-statutory guidance for the early years

Anaphylaxis UK children's anaphylaxis poster

AllergyWise for Schools



anaphylaxis UK

A brighter future for people with serious allergies



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Activities

1

Read and discuss the story. Explore why you have to go to hospital sometimes. Have a doctors/hospital role play area.

2

Teacher models how dirty/germs/allergens travel. Teacher has paint on their hands (representing an allergen) and then picks up and moves objects. Children see how the paint travels and teacher relates this to allergens.

a. Printing activity: represents how allergens spread. Every print has less 'allergen', but it is still there.

b. Handwashing: teach how to wash well and then repeat the activity.

3

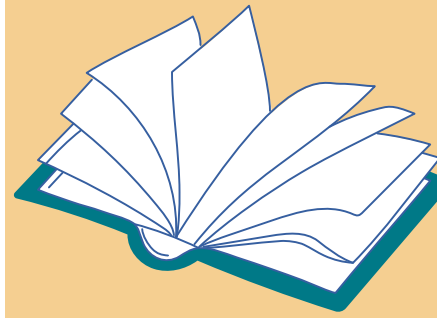
Allergen sorting: pictures/play objects. Carpet activity to sort the objects/pictures using the children's suggestions. If there is a child with an allergy in the class it can be linked to their allergies.

Sort allergens into food and non-food. (Sheet 1)

Identify allergens in common foods. (Sheet 2)

a. Discuss what is safe/not safe for people with different allergies to eat.

b. Discuss which foods might contain nuts/milk/egg/wheat.



Remember!

If there is an allergic child in the class do not use anything that could have traces of their allergen left on it/in it. Only use play objects or pictures for the allergen.

Teacher's notes

Top 14 food allergens:

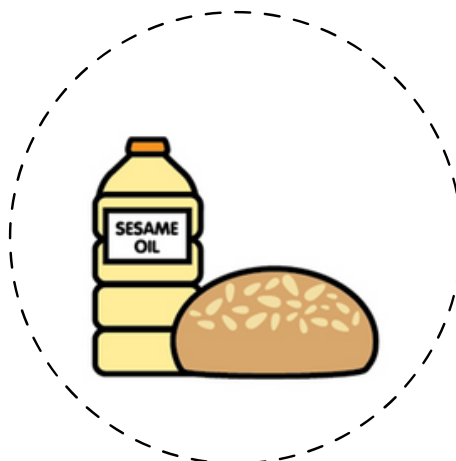
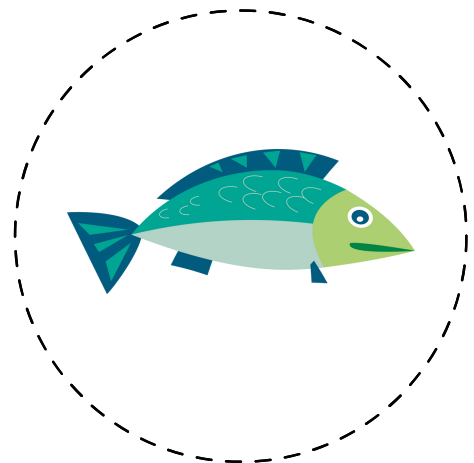
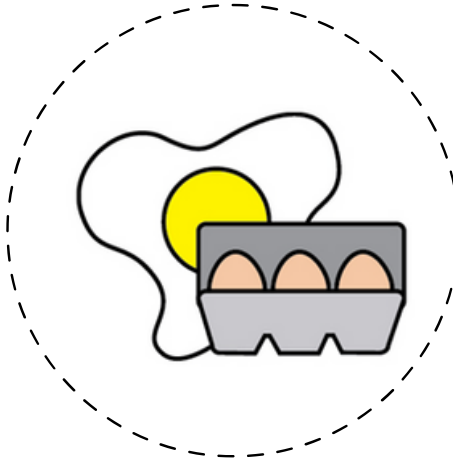
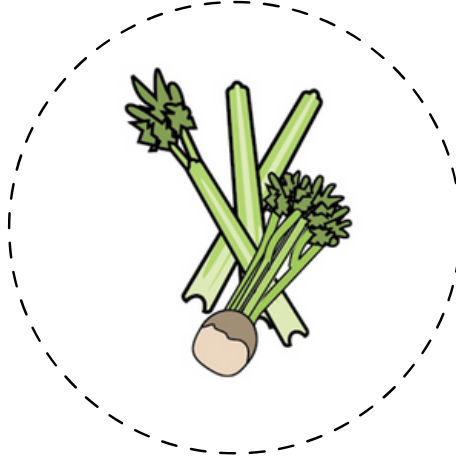
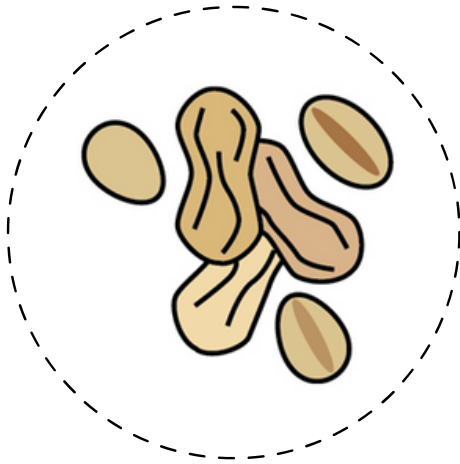
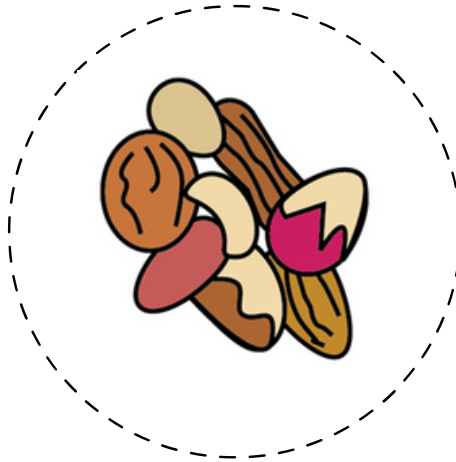
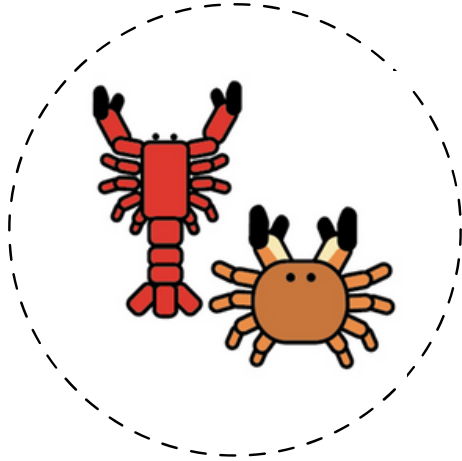
Celery - Cereals containing gluten
- Crustaceans - Eggs- Fish - Lupin
- Milk - Molluscs - Mustard - Nuts - Peanuts - Sesame seeds - Soya - Sulphur dioxide/Sulphites



Allergy lesson

Foundation Stage 2 (Reception) - Sheet 1

Allergen sorting (cut the images out)
Some are food allergens and some are non-food allergens



Allergen sorting (cut the images out)
Some are common allergens and some contain
common allergens

